

### **Abstract**

A harvesting method for plants provides for harvesting one portion of the plant having a first nutritional content separately from the second portion of the plant having a second nutritional content. Desired nutritional contents may be achieved by varying the ratio of the two plant portions. The leaves of the plant often have higher protein content than the stems and may be stripped from the stems and harvested separately from the stems. Leaves may be allowed to regrow or the stems may be harvested at the same time. The mixing and matching of times of harvested leaves and stems, various ratios may be achieved. In addition, a percentage of the leaves may be removed and or the time that the leaves regrow may be varied to achieve the desired characteristics.